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Friday, September 26, 1930.  
U. S. Department of Agriculture

1.9  
In 3 Hh  
Housekeepers' Chat

NOT FOR PUBLICATION

Subject: "Pot Roast of Beef for Sunday Dinner." Menu and recipe from Bureau of Home Economics, U. S. D. A.

Leaflet available: "Cooking Beef According to the Cut."

--ooOoo--

While you are getting your radio notebooks this morning, and sharpening your pencils, I'm going to read you a letter. Then I'll broadcast a menu, and tell you how to prepare the most delicious Pot Roast of Beef you ever feasted your eyes on -- or should I say your ears?

The letter is from a friend in Iowa. It is one of the most interesting I have received for a long time -- because it brings up a problem which concerns so many of us. Here is the letter:

"Dear Aunt Sammy: It is a long time since I have written you, and I am now coming to you for some real help. What I would like to get is a budget. We want to start in a little differently, with the new year. I have a family of six children, aged 14, 12, 11, 6, 2, and 1. My husband gets \$150 a month, and we would like to budget our money so that we can live on our salary and save a little money each month.

"We bought a home four months ago, and we are paying \$40 a month down on it. My husband carries insurance. We have electric light and water bills each month. I have four children in school. We belong to several clubs, but they are not very expensive. Now, could you outline a budget for me, or could you forward my letter to some one who could? I would like to hear from you at once, so that I could get started the first of the year.

"I do my own work all the way through -- cooking, washing, sewing, housecleaning, and all. So there is no hired help to pay. My husband allows me \$50 a month to keep house and clothe the children. This sum includes light and water. Last month our light bill was about \$5. That is too much, but our rates are so high here. I would be so glad to hear from you very soon."

That is the letter -- is it not interesting? I hope that the writer will not mind my sharing her problem with you. I shall not broadcast her name. If I were this homemaker, I believe I'd get in touch with the Extension Home Management Specialist of the State College. I'd give her all the details in the letter, and a great many more. For instance, do you have a garden, and an orchard? Do you keep a cow, and chickens? Are groceries high, in your





town? Are fresh vegetables plentiful? For of course one of the biggest problems which confronts this mother is how to keep her family well-fed, with plenty of milk, fruit, and vegetables for the children. Then there's another question. What about clothes for these children? Are they ready-made, or made at home?

All these things, and many more, must be considered before a budget plan can be made for this family in Iowa, who want to start the new year right, well-fed, and well-clothed, with a little money left over for the savings fund, and for emergencies.

I know there must be many good household managers among those who are listening-in today. Would you like to help us, by telling your own experiences in budgeting? In these days when the children were young, before the house was paid for, when your husband worked early and late to "get ahead", how did you manage your household? Come on, let's hear from you, please! Your experiences may be the biggest kind of a help to someone who is trying to make both ends meet.

I wonder how many of you have used the loose-leaf Household Account Book, published by the U. S. Bureau of Home Economics. The Household Account Book costs 50 cents, and is worth many times that amount to the women who are responsible for spending the family income. If you want this book, please send 50 cents to the Superintendent of Documents, Government Printing Office, Washington, D. C.

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Now, let's write this menu for Sunday dinner: Pot Roast of Beef with Browned Potatoes; Sliced Tomatoes, red-ripe; Buttered Onions; and Fruit Cup.

Let's concentrate on the Pot Roast of Beef. Cuts of beef suitable for pot roasting are chuck ribs, cross arm, clod, round, and rump. Better select a piece from 4 to 6 pounds in weight. Wipe the meat with a damp cloth. Then rub it -- I mean rub the meat -- with salt, pepper, and flour. Brown the meat on all sides in a heavy kettle, using about 3 tablespoons of beef fat. Slip a low rack under the meat, add one-half cup of water, cover tightly, and simmer until tender. I can't tell you exactly the time required for cooking, but it will probably be about three hours. Turn the roast occasionally. When the meat is done, remove from the kettle, skim off the extra fat from the liquid, and measure the remainder. For each cup of gravy desired, measure 2 tablespoons of fat and return to the kettle. Add 1-1/2 to 2 tablespoons of flour, and stir until well blended and slightly browned. Then add 1 cup of the meat stock or cold water, and stir until smooth. Season the gravy with salt, pepper, and chopped parsley. Serve the pot roast on a hot platter with browned potatoes.

Now let's assemble this menu again: Pot Roast of Beef with Browned Potatoes; Sliced red-ripe Tomatoes; Buttered Onions; and Fruit Cup. You can make a delicious fruit cup this time of year, with peaches, pears, and grapes. Use the seedless grapes, or grapes with seeds removed.



Before we close, there are two questions I'd like to answer. First: "What kind of material do you use for a jelly bag? Is cheesecloth good?"

Yes, cheesecloth is all right. Use several thicknesses of cheesecloth. Some people prefer outing flannel. Outing flannel makes a good drip bag for fruit juice, because it is thick and soft. One thickness of outing flannel is sufficient for a jelly bag.

The other question is about curtain materials for a small breakfast room or alcove. There are so many pretty materials for curtains. Dotted, checked, or striped gingham is good, or English prints, or cretonne, or muslin banded in cheerful colors. If your breakfast room is sunny, select colors and fabrics which will not fade, or be affected by the strong light.

No more information today -- and please don't forget to write about your budgeting experiences.

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